
Nutrition And Update



April 2001

Nutrition and WIC Services

“Public Charge” and WIC Benefits

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WIC Program Consultant

The U.S. Immigration and Naturalization Service (INS) considers a non-citizen to be a “public charge” if they are primarily dependent on the government for subsistence.



An alien who is likely at any time to become a “public charge” is ineligible for admission to the U.S. and is ineligible to adjust their immigration status to Lawful Permanent Resident. Changes in immigration and welfare reform laws in the past years have generated considerable concern and confusion about whether a non-citizen may face immigration problems as a “public charge” if they receive certain public benefits. Such concern has prompted some non-citizens and their families to deny themselves public benefits for which they are eligible - including WIC. This impact undermines the government’s policies of providing certain benefits that help people to become self-sufficient by drawing temporarily on public support in a transition period. Loss of benefits such as WIC or immunizations can also have long-lasting health consequences.

We do not consider immigration status in determining WIC eligibility. A person who is a Lawful Permanent Resident (and already has a “green card”) **cannot** lose their status by enrolling in WIC. Likewise, a person who is applying to become a Lawful Permanent Resident (and does not yet have a “green card”) **will not** be considered a public charge for using WIC.

This policy affects Local Agency staff in limited ways because we do not ask about citizenship status in WIC. You may only learn of a participant’s concern because she or he asks about the cost of WIC benefits. They may (mistakenly!) think they need to pay back the benefits before they can receive a green card or become a citizen. On the other hand, you may not even realize that some non-citizens fail to apply for WIC because they are afraid of being a “public charge.” A way to combat this misconception is to have good contacts with local agencies and groups who work with non-citizens. These groups can help refer people to WIC’s benefits and provide assurance that it does not affect their immigration status.

Of course, WIC staff also make referrals and provide voter registration. What do you need to know about potential problems for non-citizens? First, it is important to understand which services are open to non-citizens in Kansas and which are not. You do **not** need to ask about citizenship and immigration status. Instead, you can make referrals while tactfully saying something like, “If you are a U.S. citizen or legal resident alien these services may be available.” In general, U.S. citizens and legal resident aliens may be eligible for Medicaid, Health Wave and Kan Be Healthy.

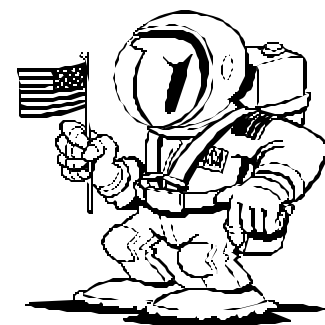
Table of Contents

“Public Charge” and WIC Benefits	1
2001: A WIC Odyssey	2
Automation Update	3
Does Beverage Choice Affect Children’s Nutrient Intakes?	3
Local Agency News	4
World Breastfeeding Week (WBW)	5
Check This Out!	5
Quick Tips To Calm An Upset Client	6

Generally you should refer only U.S. citizens to Food Stamps, Temporary Assistance to Families (TAF), Supplemental Security Income (SSI), or state General Assistance. If using an interpreter, be sure that he or she understands the situation before interpreting.

Like WIC, some programs do not consider immigration status and are not counted toward “public charge” determination by INS. Such programs include Head Start, Healthy Start Home Visitors, Farmworker Health, Maternal and Infant (M&I) Services, immunizations, and family planning.

Children born in the United States are citizens, but application for certain services may still be a concern for parents who are in this country illegally. It may be best to refer to a local agency who is able to connect them with appropriate services and help with application processes. KDHE staff in the Farmworker Health Program are excellent resources in working with Spanish-speaking persons. This program helps provide medical services to uninsured low-income people with a family member who has worked in agriculture in the previous two years. Staff are also knowledgeable about immigration status issues and local service providers. Contact program director Cyndi Treaster for the name of the staff member serving your region. (785-296-8113 or ctreaste@kdhe.state.ks.us.)



2001: A WIC Odyssey

Hutchinson is the perfect site for the upcoming WIC Technical Meeting, “2001: A WIC Odyssey”, April 23 and 24. An odyssey is a long wandering and eventful journey. Does that describe working for WIC or what?? We have lots of good sessions planned to help in your WIC Odyssey. Marvin Stottlemire is back by popular demand. He’ll be giving two presentations to

help us learn how to avoid a discrimination lawsuit and provide a prescription for stress relief using laughter and control. Kat Shuster will provide valuable information on enhancing breastfeeding support. In her very interactive session, Pat Dunavan will get you “Moving in Space” as you gain ideas about physical activity for preschoolers and their families. Carol Roths will help us learn that immunization assessment is not just for nurses anymore! You also will have the opportunity to learn all about WIC income and identity from Dave Thomason and Randy Volz.

State WIC staff will present several other sessions related to WIC policy and procedures. You’ll have the opportunity to learn more about dealing with high risk vendors, strategies to maximize reimbursement to your agency, as well as interpretation and counseling for the new growth charts. PDA staff will be presenting reminders to avoid the most common voucher problems. But wait - there’s more! We’ll also have door prizes and exhibitors. Now we just need you to be there to make a great meeting.

The February I-Memo contained registration information. If you didn't send your registration form by the April 2 deadline, it's not too late. Contact Patrice Thomsen at pthomsen@kdhe.state.ks.us or (785-296-1189) about late registration or other questions.

Automation Update

Roger Lewis, Kansas WIC
Project Director

System Procurement in Progress

The request for proposals (RFP) to develop a new Kansas system was sent to 17 vendors February 8. Since that time questions have been submitted by the vendors to clarify any questions and a conference was held to discuss the questions and answers. All proposals are to be submitted by March 28. It will take almost two months to review the proposals, select finalists, and negotiate a best and final offer. From a review of the final offers, the proposal that will best provide a working system for Kansas will be selected and contracts signed.

Automation Events by Month

The next six months in the WIC automation project will establish many of the critical features of the new system.

April

The review of proposals will identify the base system that each vendor thinks will best meet WIC program needs and how it must be changed to suit Kansas.

May

A proposal will be selected that identifies which system will be adapted to Kansas, the schedule, the cost, and the contractor who will do much of the work of the transfer.



June

Contracts will be finalized and signed.

July

The contractor will begin by working with project staff to finalize the project plan and insure that everything needed to succeed is in place.

August

A group of state and local agency WIC staff will meet with the contractor to review, explain, and finalize the list of system requirements that were made during the planning phase of the project.

September

The design workshops will begin with state and local agency WIC staff working with the contractor to identify how the system will work. The base system will be reviewed function by function to determine whether it meets Kansas requirements. Where it does not, the modifications needed to meet the requirement will be identified. This work is expected to be completed in November 2001.



Does Beverage Choice Affect Children's Nutrient Intakes?

Ballew, C., Kuester, S., & Gillespie, C. (2000). Beverage choices affect adequacy of children's nutrient intakes. *Arch Pediatr Adolesc Med.* 2000;154:1148-1152

Researchers from CDC recently studied the relationship between beverage choices and the adequacy of nutrient intakes among children and

adolescents. They examined beverages intake as reported in 24-hour recall records of 4,070 children aged 2 to 5, 6 to 11, and 12 to 17 years participating in the 1994-96 Continuing Survey of Food Intakes by Individuals. Beverages were classified as milk, 100% juice, fruit-flavored drinks, or carbonated sodas. Recommended intakes were based on Recommended Dietary Allowances or Dietary Reference Intakes. The likelihood of achieving recommended intakes of selected nutrients on the day of recall was assessed with multiple logistic regression including ounces of milk, juice, fruit-flavored drinks, and carbonated sodas in the model while controlling for sex, age in years, race/ethnic group, household income, and total energy intake.

Researchers found that children of all ages who drank milk were very likely ($P \leq .0001$) to achieve the recommended intakes of vitamin A, folate, vitamin B12, calcium, and magnesium. Juice intake among all ages resulted in being more likely ($P \leq .001$) to achieve the recommended allowances of vitamin C and folate. Children who drank fruit-flavored drinks were also likely to consume recommended amounts of vitamin C, but not other nutrients studied. This is not surprising, considering these drinks often have vitamin C added, but are poor sources of other nutrients.



Carbonated soda consumption was negatively ($P \leq .01$) associated with achieving vitamin A intake in all age divisions, vitamin C in children 2 - 5 years old, calcium in children younger than 12 years, and magnesium in children aged 6 years and older.

The researchers concluded that beverage choice can have a significant effect on the nutrient adequacy of the diets of children and adolescents. As they stated, "it is therefore prudent to recommend that children be encouraged to drink milk and 100% juice rather than

less nutrient-dense beverages. A decrease of 1 glass of carbonated soda coupled with an increase of 1 glass of milk or juice could have a substantial effect on a child's daily nutrient intake."

Local Agency News



Welcome to these new employees:

Douglas Co: Shannon Morris, office assistant
Ft Riley WIC: Donna Hinton, clerk
 Rosalind Holloway-Yaghjiah, clerk
Graham Co: Lynett Frenzen, LPN
Greeley Co: Verla Biel, RN
 Heidi Stevens, RD, LD
 Kathy Crotinger, clerk
 Stephanie Wineger, RN
Neosho Co: Patricia Brown, clerk
Saline Co: Pauline Holzmeister, RN
SW KS WIC: Monica Roman, clerk
 Marla Sanchez, clerk
Sumner Co: Marilyn Osborne, clerk

We say farewell to these WIC staff:

Douglas Co: Meaghan Heater, Clinic office assistant
Ft Riley WIC: Michelle Simonson, clerk
Neosho Co: Lisa Welch, clerk
SW KS WIC: Marla Sandoval, clerk
 Claudia Villa, clerk

Congratulations to:

Ft. Riley WIC: Lori Fortin, RD on the birth of her daughter, Jessie Elise born 1-9-2001 weighing 5 pounds 14oz and 19 inches long
Leavenworth Co: Debbie Spears, RN, on the adoption of her new baby, Taeh
Sedgwick Co: Alicia Ramey, RD on the birth of her son, born 1-31-2001 weighing 6 pounds 10 ounces and 19 inches long
SW KS WIC: Nonie Rocha, clerk on the birth of her son 12-10-2000



World Breastfeeding Week (WBW)

Mary Washburn, Breastfeeding Coordinator

World Breastfeeding Week 2001 (August 1st through 7th) theme is "Breastfeeding in the Information Age".

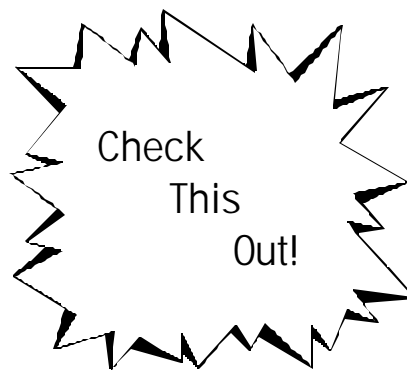
The goal is to inform families about a) core breastfeeding knowledge and practices; and b) sources for this information. More information will be coming; however, it is not too early to think about how your communities can celebrate WBW.

For the 2000 WBW the State Agency held a contest to acknowledge activities that promote WIC WBW. Barber, Cherokee, Cowley, Lincoln, Phillips, Reno, Riley, Russell, Shawnee and Southwest Kansas WIC were winners of the contest. We appreciate the effort of Kansas WIC agencies to promote breastfeeding within their communities.

Below are some of the ideas from the 2000 WBW contest winners:

- ' Provided breastfeeding coalition members with bookmarks to distribute in their offices.
- ' Held a community wide baby shower. The goals of the baby shower were to encourage pregnant women to consider breastfeeding and to recognize women who were breastfeeding their infants. Approximately 200 people attended.
- ' Mailed breastfeeding newsletter to area physicians, hospitals and others interested in breastfeeding information.
- ' Provided thank you certificates to any mother who breastfeed for any length of time.
- ' Displayed a breastfeeding bulletin board or poster in the health department waiting area and/or other places within the community.
- ' Held a parenting fair. The target audience was parents and potential/future parents.
- ' A nursing mothers room was provided during the fair.
- ' Provided breastfeeding bookmarks for county libraries.
- ' Provided gold ribbons with a message that stated "Breastfeeding is the Gold Standard" during voucher pickups.
- ' Held a breastfeeding celebration including cake and door prizes.
- ' Designated a special area in the health department for breastfeeding. This area was complete with rocking chair, breastfeeding books and breastfeeding poster.

Many of these activities were publicized through local newspaper articles thus spreading the breastfeeding message.



Pat Dunavan, Nutrition Education Specialist

Celebrate Healthy Eating: From the Farm to You! are ready to use nutrition education materials for children. Games and activities teach concepts about fruits and vegetables on the farm and at home. To order your complementary copy, write: 2000 Dannon Institute, 120 White Plains Road, Tarrytown, NE 10591-5536 or e-mail dannon.institute@dannon.com.

www.nyapplecountry.com Visit here for great teacher information on apples. Click on Teacher kits in the upper right hand corner. There are recipes, games, coloring pages and much more.

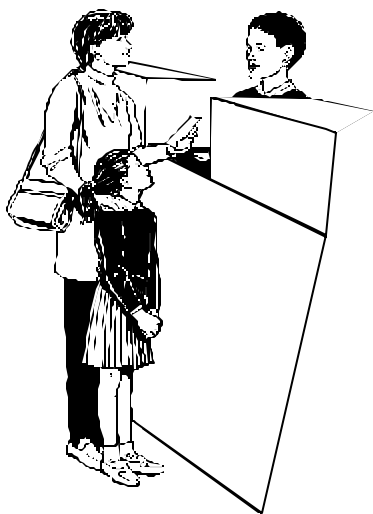
www.allrecipes.com Do you need a recipe for a class or to give to clients? Or just need a new idea for dinner tonight? Then this is the site for you. It includes all kinds of recipes including for special diets, along with a rating system for recipes and a calculator to change the recipe for varied serving amounts.

www.vrg.org is the web site of the Vegetarian Resource Group. You will find everything you want to know about various types of vegetarian diets, how to raise healthy vegetarian children, recipes and much more.

Want more information on physical activity? Then try www.obesity.com/health_library/exercise This site provides information on walking, calories burned in daily activities, ways to work physical activity into your daily routine, and ways to overcome obstacles to becoming more physically active.

Quick Tips To Calm An Upset Client

Dealing with clients who are angry is always difficult. Below are four steps that are effective in dealing with these clients. It is best to try these steps in the order presented.



1. Ask for more information from the angry or upset client.

Write down the answers on a legal pad. Use nonjudgmental questions, such as: "What time did you arrive at the clinic today?" "What paperwork did you bring?" This gives the client time to calm down and be heard, which is what most people want. It lets you take charge of the situation by controlling the questions that are asked.

2. Ask her for solutions to the problem.

For example, if a client says she is late because she doesn't have transportation, ask her, "Can you suggest a way that we can help?"

3. In your response, give her good news before you give her the bad news, and don't use the word "but".

For example, say, "We will be able to see you today, and you will be able to pick up your vouchers. You will have to wait for us to work you into the schedule."

4. Structure some alternative options for the client to choose from.

For example, the client can be told, "You can wait for us to work you into today's schedule, or you can make an appointment to come back next week."

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